

Explore and embody 8 developmental stages with TRE®

Sept 16th to Dec 20th: Online Workshop



www.trecentre.com
www.chedamikic.com

In this new and exciting fortnightly class, Cheda will be taking us through the 8 developmental stages. It comes in response to the call for a deep, active exploration.

We will be enquiring into Erik Erikson's psychosocial theory and building upon it with our personal and emotional content. We then will begin to allow the somatic integration of parts of ourselves that have not been acknowledged.

We'll be using TRE® and other somatic practices to expand our awareness of how our systems emerge and establish. This series will be a deep but playful path of self-discovery and self-acceptance.

Participant numbers are limited to 12 to ensure an intimacy to the teaching.

This is a series of 8 online sessions running fortnightly from Friday 16th September till 20th of December 2022.

The time of the session will be at 6pm UK time.

Each class/workshop will last around 2.5 hours.

The workshop will consist of initial sharing, teaching segment, somatic work, and feedback. There will be 'homework' until our next meeting.

Price for full 8 session over 4 months: £320

We are committing to a deep inner exploration in a closed group. In order to ensure your place, advanced payment for the whole course is required.

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Dates:

September 16th and 30th

October 14th and 28th

November 11th and 25th

December 9th and 20th

If you're interested in these classes, please email us for more info and details.

Price for the full series of 8 sessions over 4 months: £320

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Please send money to:

Bank: Lloyd's bank

Name: Cedo Mikic

Acc. 00531575

Sort code: 30-94-66

IBAN: GB51LOYD 3094 6600 531575

BIC: LOYDGB21484

**Address: 273-275 KentishTown Road · London · NW5
2LP**

PayPal to the address:

contact@trecentre.com

OR

**Scan QR Code to our PayPal Account, enter the
amount and make the payment. Please note:**

Administration charges to be borne by participants



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Testimonials

"The guided exploration of Erikson's stages of psychosocial development was a powerful look deep into our hearts and bodies and what needs were unmet in each stage. As we looked, we discovered and released old hurts, wounds and patterns as our bodies tremored and let go and opened up to new energy and ways of being. I had powerful releases during most of the guided TRE sessions associated with each stage. I could feel a sense of maturing within over the 4-month journey. It was well worth doing to gain a greater understanding of self, of the patterns formed and the underlying needs that can be met now so the patterns drop away. I thoroughly recommend this deep exploration so you can find greater self-connection and peace within."

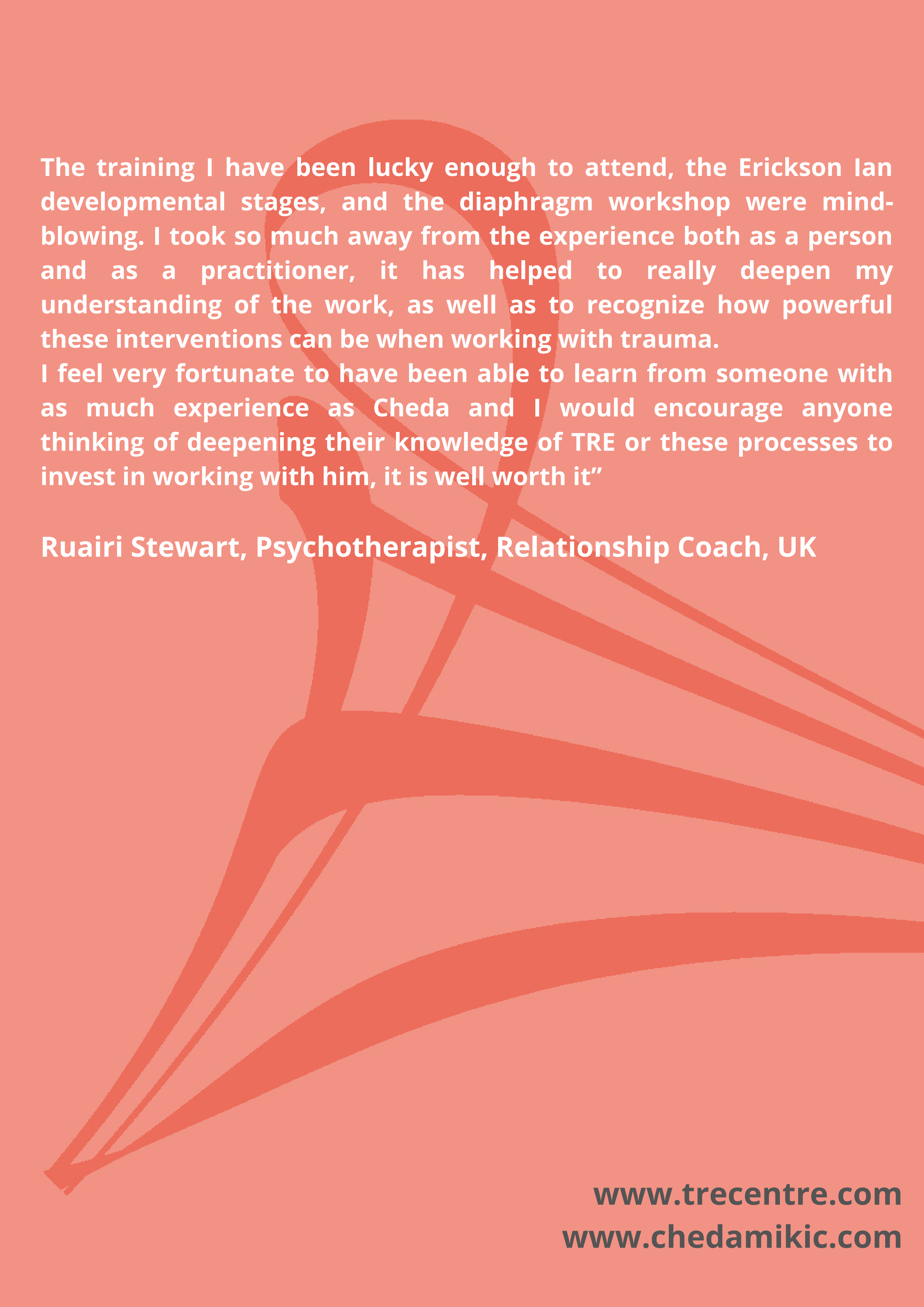
Jodi-Anne, Counsellor, Australia

"Workshop 8 Developmental Stages with TRE helped me to visit all developmental stages through the body. It was very interesting how verbal interventions helped me feel, meet, embrace, and release some of my oldest patterns from different developmental stages. The main message for me was allowing myself to feel both, trust and mistrust, autonomy and shame, initiative, and guilt etc. and to be ok with that. Usually, we are expected to be perfect or to feel just good vibes. Cheda created a safe virtual environment and gave us the opportunity to be supported as human beings and gave us a lot of theoretical background, so we could understand reactions of our body. I highly recommend this workshop to all TRE enthusiasts, who think that they experienced everything in TRE. I have been practicing TRE for 6 years now, and I am still surprised how deep we can go with as great mentors as Cheda."

Špela Potočnik, School counsellor, TRE practitioner, Slovenia

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The training I have been lucky enough to attend, the Erickson Ian developmental stages, and the diaphragm workshop were mind-blowing. I took so much away from the experience both as a person and as a practitioner, it has helped to really deepen my understanding of the work, as well as to recognize how powerful these interventions can be when working with trauma.

I feel very fortunate to have been able to learn from someone with as much experience as Cheda and I would encourage anyone thinking of deepening their knowledge of TRE or these processes to invest in working with him, it is well worth it"

Ruairi Stewart, Psychotherapist, Relationship Coach, UK